

# **QURAN In Memory, In Heart, In Peace.**

**7 Essential Steps that  
Make Quran  
Memorisation Easy  
and Meaningful in  
Your Daily Life**

**by Quran Academy**  
[www.quranacademy.io](http://www.quranacademy.io)

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## Introduction



# Introduction

For centuries since the times of Prophet Muhammad SAW, Muslims have memorized the Quran as both an act of love and duty to please Allah SWT. Those who know the entire Quran by heart are called *hafiz* (male) or *hafizah* (female), and Allah SWT has promised great rewards for them.

*Prophet Muhammad SAW said: "The Qur'an will come on the Day of Resurrection (to intercede for its Companion) and will say, "O my Lord, adorn him!". He will then be crowned with a crown of nobility. Thereafter the Qur'an will plead, "O my Lord, increase him!". He will then be clothed in a garment of nobility. Thereafter the Qur'an will beg, "O my Lord, be pleased with him!". Allah will then be pleased with him. After that, he will be told, "Recite and ascend (the levels of Jannah)! And with each ayah [that you recite], you will gain another good deed."*  
~ Tirmidhi, Al-Hakim, Al-Bayhaqi

Memorizing the Quran is a goal for many Muslims who seek the pleasure of Allah SWT. What does it really take to achieve this? Does everyone have the capability to memorize the Quran, or is it only possible for a selected few or the super smart? How does one even begin?

Most importantly, how can YOU pursue Quran memorization easily and meaningfully?

## A Guardian of an Infinite Treasure

First, we need to understand the true purpose of memorizing the Quran.

The word *hafiz* is often translated as "guardian" or "preserver". On a surface level, this is often understood as someone who memorizes the entire Quran in its exact order to prevent the knowledge from becoming modified or forgotten throughout time.

Memorizing to preserve an entire text is a common tradition for the Arabs living in the times the Quran was revealed. Most people of those times were illiterate, which is why they relied on memory to preserve their genealogies, histories and poetry. Thus, it was only natural that the Quran too was memorized to preserve it.

Times have changed however. We now have books, ebooks, blogs, cloud storage and so on. This begs the question, "Is memorizing the Quran still relevant, now that widespread usage of printing and modern data storage can effortlessly preserve the Quran?"

## To Protect & Preserve is an Act of Love & Service

Yes, without doubt, Quran memorization is still relevant today. It's in fact needed.



There is a much deeper purpose behind memorizing the Quran than just preservation. The root word *hafiz* actually combines the meaning of “protection” with the “purpose of passing something valuable onto others”.

Memorizing the Quran thus goes beyond being a living and breathing data storage centre and is more than just the ability to recite verses at any given moment like a search engine.

It encompasses a bigger purpose and motivation. It is recognising that the human soul desperately needs Allah’s guidance to be successful in this world and the next. It is wanting to preserve and pass on the infinite treasure of His supreme guidance to help others experience this success. And it is a relentless motivation to take care of this treasure so precious, that you are willing to commit it to memory for the safest of all keepings.

### **It is ultimately an act of love and service for Allah SWT.**

In a modern world where worldly pursuits for money, fame, awards, titles, career, business, social media and so on can distract us from fulfilling our true purpose, the simple act of memorizing the Quran reminds us everyday to pursue all our life goals with the remembrance of Allah SWT in our hearts and with the duty to please Him on our minds.

Great rewards have been promised for the Muslim who upholds this responsibility to guard, preserve and spread the word of Allah SWT, and who lives their life on this foundation of love and service to the Al-Mighty.

*“The Prophet SAW said, “The best among you (Muslims) are those who learn the Qur’an and teach it”.*

*~ Narrated by Uthman RA (Bukhari volume 6, Book 61, number 545)*

*“It will be said [on the Day of Judgement] to the reciter of the Qur’an: ‘Recite and be uplifted [in your rank]! And recite in the distinct manner (Tartil) as you used to recite in the world. For indeed your rank [in Paradise] will be according to the last verse you recite.’”*

*~ Al-Tirmidhi, Ibn Majah, Ibn Hibban, Al-Hakim, Bayhaqi, Ibn Abi Shaybah*

### The Top 3 Modern Barriers to Memorizing the Quran

While many Muslims today seek these rewards and really want to memorize the Quran, they struggle to actually do it. This isn't surprising because in today's modern lifestyle:

**1. The brain hasn't been "trained" to memorize.**

The tradition of memorization isn't a big part of our day-to-day culture like it was for the Arabs back then. Mass media and the internet makes it easier to get information on almost any subject in an instant. Absorbed in an environment of instant information, our brain rarely needs to remember things word for word. Thus, we don't feel "naturally wired" to memorize.

**2. The fast-paced lifestyle feels contrary to support memorization.**

Because the brain isn't used to memorize on an everyday basis, memorizing the Quran can feel like something that needs full time study (remember how many hours it took to memorize the periodic table in science class?) And so, for many Muslims who are busy juggling a demanding schedule between studies, career, home and social activities, setting aside time to memorize the Quran can feel next to impossible.

**3. We often feel isolated in our spiritual goals.**

In addition to a fast-paced lifestyle, we live in an increasingly secular society that leave many Muslims feeling isolated in their pursuit of spiritual goals. Madrasahs or tahfiz schools dedicated for Quran memorization magnify this feeling of isolation, because the Muslim who does not have the means or time to enroll in such a school will feel alone and unsupported to memorize the Quran. Thus, the goal to memorize the Quran feels even more unattainable.

We at *Quran Academy* recognise these modern challenges to memorize the Quran, and we want to help remove these challenges for you.

### Overcoming the Barriers: How to Use this Guide

Quran Academy's vision is to integrate the timeless guidance of the Quran back into the daily lives of Muslims through technology.

Our first app, the *Quran Companion*, is designed to overcome modern barriers to memorize the Quran in a fun, easy and social way that can seamlessly integrate into the busy everyday lifestyle.

This ebook covers a 7-step guideline to help make memorizing the Quran easier and more meaningful with our *Quran Companion* app. If you've signed up for this ebook on our [Quran Academy site](https://www.quranacademy.io) or activated your free trial directly through the app, then you should also receive a free 7-day trial of *Quran Companion* and a 7-day guided email lesson plan sent to the email you registered with.

Insha'Allah, by following this ebook and guided 7-day email lessons, which you'll be getting over the next 7 days, you'll discover:

- **A flexible learning environment** to customise your optimal personal learning zone
- **A variety of memorization techniques** based on multisensory research proven to train the brain to memorize
- **Memorization games** that make memorizing a whole lot more fun
- **Guided lesson plans** that can be customised to your individual goals and time availability to ease a daily habit of memorizing
- **"Hasanah Calculator"** that calculates your hasanah points for you as you progress in your memorization.
- **Analytics dashboard** that shows your progress analytics at a glance to keep you committed to your goal.
- **Group challenges** to stay motivated and on track with your goals.
- **"Daily Hasanah Leaderboard"** to inspire you to race with each other toward good deeds, just as the Prophet's companions had done.
- **A supportive, motivating environment** by being part of an active worldwide community of Muslims pursuing Quran memorization
- **Recording:** Listen to your own progress by recording your memorization. Coming Soon
- **Notes:** Take notes on anything, from marking what interests you to marking mistakes you often make. Coming Soon

**To make the most out of this guide and your free 7-day trial of *Quran Companion*, we recommend the following:**

1. Read the whole ebook to first get an overall idea.
2. Download and install the *Quran Companion* app onto your smartphone, then activate your free trial of *Quran Companion* by registering a new account as soon as possible.
3. Set aside a consistent time everyday to memorize the Quran. It doesn't have to be a lot of time, as long as it is consistent. For example, 10 minutes after the morning Fajr prayer.
4. Keep an eye out in your email inbox for the daily lessons and action plan to follow over the next seven days.
5. Start a journal to keep track of your thoughts, progress and experience.

Ready? Let's dive in.





**Step 1: Begin with the Heart**

# Step 1: Begin with the Heart

As Muslims, we must always remember to start and continue with the right intention, for intention is the foundation of action.

*The Messenger of Allah SAW said: "Verily actions are by intentions, and for every person is what he intended."*  
~ Al-Bukhari and Muslim

A majority of scholars agree that this hadith talks about all actions in general, whether it is prayer, fasting, charity or any other virtuous deed. A good and correct deed with good intentions will lead to good actions that are rewarded with good, but the same deed with a bad motive will lead to bad actions that will be punished. A permissible action with a neutral intention that is neither good or bad but whose motives are simply to get it done, will receive neither a reward nor a punishment.

## The Harm of Bad and Neutral Intentions

What are some intentions that can be considered as good, bad or neutral when it comes to memorizing the Quran?

Here's some examples of bad intentions:

- To show off in front of others
- To become "better" than someone else
- To seek title, recognition and praise

Here's some examples of neutral intentions:

- Being forced by parents
- To follow tradition or culture
- Something you "should do" as a good Muslim

Bad or neutral intentions will not benefit you with the full rewards that could be gained for the akhirah. In addition to that, they can even be harmful to you in this life because it can lead to harmful actions and consequences that reduce the quality of your life.

For example, memorizing with the bad intention to show off in front of others and seek titles or praise can make you feel good for a while, and may even lead to the success you wanted. But eventually it will lead to a boastful character and pretentious deeds. Good and sincere people will dislike you and keep their distance from you. Instead, you will be surrounded by those with bad intentions who want to take advantage of you, your title, or your success for their own gains. In the end, you may still have what you intended but your life is void of true friends, peace and happiness that you thought it would bring.

### Good Intentions and Rewarding Results

Having the right intentions will lead to rewarding results.

*Indeed, Allah will not change the condition of a people until they change what is in themselves.  
~ Quran, Chapter 13 Verse 11*

One of the first conditions to change our condition within begins with intentions. This triggers a chain reaction of correct actions that lead to powerful results. If Allah SWT so wills, a change of intention alone is enough for Him to make a change in our reality for the better. There is no limit to His mercy and bounty.

So what is a good intention? Simply put, a good sincere intention is when it is done for the sake of pleasing Allah SWT. So what does this really mean to YOU on a day to day basis?

In "Quran Companion Action Plan: Day 1", we have outlined a simple but powerful exercise to make your intentions of pleasing Allah SWT specific and meaningful in your everyday life, with tips for checks and balances that help you stay on track.

### Quran Companion Action Plan: Day 1

1. On a piece of paper, create two columns -- one called "My Life & Intentions" and the other called "My Quran memorization Purpose".
2. In the left column, write down all the important areas of your life and goals you intend to achieve.
3. In the second column, write down how memorizing the Quran will become meaningful to each area of life and intention. For example:

My Life & Intentions	My Quran memorization Purpose
To have a happy family & home.	To instill patience and calm through remembrance of Allah SWT when dealing with parents, spouse, etc.
To raise faithful and dutiful children.	To be an example to my kids and show them the importance of building a daily relationship with the Quran.
To earn more money and pay off debts.	To memorize the Quranic dua for abundance in halal rizq and repayment of debts.
To get a promotion in career.	To memorize Quranic dua to help me excel with enlightenment, wisdom, understanding and knowledge.
To be a supportive friend.	To be able to recite relevant verses and its meaning that can help a friend in times of need.
To do more community work.	To be able to teach kids in the local mosque how to read and memorize the Quran.



4. For every purpose that you write down, go through this process:
  - a. Ask yourself: Is this for the sake of Allah SWT; is this action something that Allah SWT has commanded of me?

Take for example instilling patience with family. Indeed, Allah SWT has commanded us to deal with our parents with patience:

*And your Lord has decreed that you not worship except Him, and to parents, good treatment. Whether one or both of them reach old age [while] with you, say not to them [so much as], "uff," and do not repel them but speak to them a noble word.*

*~ Quran, Chapter 17 Verse 23*

- b. Think about the "dangers" of each intention that could lead you astray. Remember that if shaytaan cannot tempt you to do bad, he will change your intentions when doing good. As the Prophet SAW said in his last sermon:

*"Beware of Satan, for the safety of your religion. He has lost all hope that he will ever be able to lead you astray in big things, so beware of following him in small things."*

So think carefully about how shaytaan could trick you with his whispers. One example of a dangerous whisper is, "If I'm patient with my parents, I'll become the favourite child and I will look better than my siblings."

Think about (and if you wish, write down) all the "dangers" that shaytaan could whisper to change your intentions so that your deeds and efforts to memorize the Quran are not accepted by Allah SWT.

- c. Make a dua for Allah SWT to protect you from shaytaan and his trickery to change your intentions. There are many that you can choose from. A simple one would be this:

***"Bismillah, Allahumma janibna ash-Shaytaan wa janibish-Shaytaana maa razaqtna"*** (In the Name of Allah, O Allah! Make us distant from Shaytaan and make Shaytaan distant from what you bestow upon us".)

5. At any point during the process, turn to Allah SWT with salat istikharah to seek His guidance on your intentions.
6. Finally, remember that intentions is not something you do once. Intentions require regular renewal to make sure that shaytaan has not strayed your intentions. Renew your intentions regularly and seek protection from Allah SWT with dua.



## Step 2: Build a Solid Mindset

## Step 2: Build a Solid Mindset

What comes after intention?

Many people will jump straight into action because they're so motivated after making the intention to pursue a life-changing goal such as Quran memorization.

However, it is motivation's nature to fluctuate. Some days motivation will be high, some days motivation will be low. Those who know how to recharge their motivation will overcome the inevitable challenges and frustrations that accompany the pursuit of memorizing the Quran.

The good news is you can learn how to recharge your motivation, and that's why your next important step is to build a solid mindset for memorization.

### The Link Between Intentions and Mindset

Intentions and mindset go hand-in-hand. Together, they lead to action. If your mindset does not support your intentions, it can lead to perceived failure or lack of action.

Let's take a look at the example of intending to memorize the Quranic dua to help you excel in your career with enlightenment, wisdom, understanding and knowledge.

Now, let's say one day you made an important decision at work that led to some disastrous results. It took you all day to fix the consequences of that decision, and by the end of the day you are exhausted. Your motivation is at an all-time low.

Mindset A will tell you to just give up. It will tell you that you don't have the chops for it. It will tell you that you're just not smart enough to handle this. It will see this huge mistake as the reason you'll never get your promotion.

Mindset B will tell you that this lesson will endow you with the wisdom you need to take your performance to even greater heights. It will tell you that you now have the knowledge to guide others on how to avoid this mistake. It will see this huge mistake as training ground for leadership skills that will lead to your promotion.

Which of these mindsets will renew your motivations to pursue your goal for a promotion? Which of these mindsets will have you turning back to memorizing the Quranic doa to help you excel? Which of these mindsets will eventually lead to success and rewards?

Mindset A or Mindset B?



Of course it would be Mindset B. Let's take a closer look by exploring these two mindsets in context of memorizing the Quran:

Mindset A: The memorization destination mindset; and

Mindset B: The memorization journey mindset.

### The Stress-Free Mindset to Memorize the Quran With Enjoyment

#### The Memorization Destination Mindset

The destination mindset is a "perfectionist" approach. It is fully focused on getting "perfect results". Your focus is set on reaching the destination as fast as you can without any hiccups. The problem with this mindset is it sets up a path where you can feel like a continuous failure.

- If you can't memorize one page a day, you feel like a failure.
- If it takes weeks to memorize one surah, being slow makes you feel like a failure
- If you forgot a surah that you had already memorized, you feel like a failure
- If someone else finished memorizing something faster than you, you feel like a failure
- If you keep stumbling over your pronunciation, you feel like a failure.

The destination mindset is very, very stressful! All efforts are done with the perspective of continuously trying to prove that you're not a failure. Now, that's not very enjoyable at all.

#### The Memorization Journey Mindset

The journey mindset keeps an eye on the destination but the heart on the intention. In this mindset, you recognise that the journey is rewarding in itself and is as purposeful as the destination.

When it comes to memorizing the Quran, this is not about trying to finish memorization the fastest and not even about memorizing the whole Quran in entirety. This is about enjoying the memorization journey, even if you never get to the destination. "It is about continually striving to do your best without holding yourself up to perfection.

**It is about building a daily journey with the Quran, and a closer relationship with Allah SWT.**

In "Quran Companion Action Plan: Day 2", we have a simple and heartwarming exercise to help you solidify your memorization journey mindset.

### Quran Companion Action Plan: Day 2

1. In your journal, write down the header, "Memorization Journey Gratitude Log".  
Think about three things you are grateful for on the journey of memorizing the Quran. Try to

use the word “because” to highlight why it’s also meaningful to you. For example:

- Hearing and reciting the word of Allah SWT everyday because it calms me down and makes me feel at peace
- Reading the translations of what I’m memorizing because it gives me new understanding or perspectives to face the new day
- Being constantly in touch with the stories in the Quran because it reminds me of Allah’s infinite mercy

2. Now keep the rest of the page in your journal blank and bookmark it. As you continue your memorization journey, open your heart to any enjoyable experience that you are grateful for. Come back to this page in your journal and write down that experience. Over time, you will build a long list recording your beautiful journey with the Quran.
3. Whenever your motivation slumps to a low, take a deep breath and open your journal to this page. Renew your intentions and read your “Memorization Journey Gratitude Log” to remind you of the enjoyment and rewards to recharge your motivation.

### Hot Quran Companion Tip!

Plan your Quran memorization journey the same way you would plan a holiday! What are some of the things you would do to make your holiday productive, stress-free and enjoyable?

Some things could include:

- **Choose your destination:** First, you need to choose where you want go. Otherwise you’d just be wandering around and getting nowhere.
- **Be “camera-trigger-happy”:** If you’re visiting the Eiffel Tower, you won’t just be taking pictures of the Eiffel Tower when you get there. Chances are, you’ll also be snapping pics of anything else that catches your eye along the way.
- **Get a map or a tour guide:** Knowing the plan and the next step removes the stress of feeling lost, undecided or overwhelmed.
- **Research for productivity:** You want to make the most of your holiday time. Researching reviews and asking your friends’ opinions will give you the best results of things to do and places to go while saving you a lot time in trial and error.
- **Keep handy an emergency number:** Sometimes, things don’t go according to plan. However, knowing that you have an emergency number that you can call gives you peace of mind that you’ll have support whenever you need help.

What does this have to do with memorizing the Quran? Well...

- **Choosing your destination is like setting your intentions**, it's imperative to ensure you head in the right direction.
- **Being "camera-trigger-happy" is like adopting the journey mindset** where you take time to acknowledge and appreciate every beneficial experience as you progress towards your destination
- **The Guided Lessons feature in Quran Companion** is like your map or tour guide that helps you move toward your goal step by step without feeling overwhelmed.
- **We have done all the research to build memorization technologies** based on effective multi-sensory learning techniques, so you can reach your productive best.
- **The Quran Academy Facebook family is like that emergency number.** Being part of our community lets you connect to Muslims who are also memorizing the Quran from around the world, so you can get tips and motivation whenever you need help.





**Step 3: Stay Motivated with the Right Goals**



### Step 3: Stay Motivated with the Right Goals

The big question is: Should memorizing the entire Quran be your goal?

It can seem like the “right” goal to set your sights on because memorizing the entire Quran promises great rewards. While it is undeniable that there is great virtue to memorize the entire Quran, setting it as goal can also be damaging if you’re not ready.

#### Small Goals Develop Habits

Many Muslims start off with the right intentions and mindset to memorize the Quran. Sometimes though, setting up big goals for ourselves before we have developed a consistent habit can actually set us up for failure.

Think about it like a baby learning to walk.

Imagine if a baby who is learning how to walk told himself, “I’m going to win an Olympic medal in running.” That sure seems like a big, noble goal to have, but the baby can barely put one foot in front of the other without falling. After many falls and failures, the baby will easily give up and completely lose hope in running.

Imagine instead if that baby said to himself, “Today, I’m going to take one step without falling.” And when he achieves that, the next day he says, “Today, I’m going to take two steps without falling.” Repeat the process and soon enough the baby has mastered the process of putting one foot in front of the other. Before much longer, the habit has become second nature and he’s running with the wind.

The baby might not ever grow up to become a Olympic medal winner in running. He might never even grow up to become a professional runner. But he will LOVE running. And that’s what matters the most.

It’s the same with memorizing the Quran. If you set up a goal that is bigger than what you’re ready for, you will slide into the destination mindset and feel like a failure when you fall. This leads you to give up entirely.

In the end, you won’t just miss out on the destination; you’ll miss out on the journey.

So don't feel pressured into setting your sights on the big goal of memorizing the entire Quran. Focus instead on developing sincere intentions and enjoying the journey. Then, dedicate yourself to building the habit of small steps as your goal.

**After all, it is the habit of small steps that is more beloved to Allah than trying to make a big jump and giving up when you fall.**

*... And that the most beloved deed to Allah is the most regular and constant even if it were little."*

*~ Sahih Bukhari*

This doesn't mean that you can't keep open the possibility of being a *hafiz* or *hafizah*. Just don't ever feel pressured into making memorizing the entire Quran as the only goal you should have. Remember, the journey in itself is the reward in many, many ways.

Insha'Allah with Allah's guidance, He will let your consistent deeds become the doorway that makes you ready to memorize the whole Quran.

### Identifying the Right Goals for YOU

How do you set goals that will not burn you out? How do you know what goals you are ready for? Are you ready to memorize the whole Quran? Surah Yasin? Surah Al-Kahf? Juz Amma?

One effective goal-setting system is called SMART goals:

- **S**pecific
- **M**eaningful
- **A**ttainable
- **R**ewarding
- **T**rackable

For example, instead of having the goal, "Go for Umrah one day", it's more powerful to say, "Save \$50 every week and book my Umrah tickets, by December 31, 2016."

### Quran Companion Action Plan: Day 3

1. **Specific:** Start by writing down or selecting one specific goal on your *Quran Companion* app. Try to break it down into something that feels manageable, but challenging enough to be exciting. So for example, if memorizing Surah Yasin feels too overwhelming, break it down into memorizing the first 20 ayahs of Surah Yasin.
2. **Meaningful.** Why is this important for you? Go back to your intentions and have clarity to why this goal is meaningful to you. The more you can link it back to how it's meaningful in your daily life and service to Allah SWT, the more rewarding and joyful it will be.
3. **Attainable:** What's your schedule like? What can you commit to consistently? If you can commit 10 minutes a day after Fajr, then make sure your daily goals are attainable within that time frame. Use the Guided Lessons feature of your *Quran Companion* app to help you plan an attainable goal. (*Guided lessons feature coming soon in the next update*)
4. **Rewarding:** Why is this rewarding to you? Remember your intentions and strengthen the "Quran Memorization Journey Mindset" by writing down the rewards of your experience in your "Memorization Journey Gratitude Log". Remembering the rewards that Allah SWT has promised as well as your personal rewarding experiences will help you stay on track with your goal.
5. **Trackable:** You are more likely to succeed when you can track your progress. Use the Dashboard on your *Quran Companion* app to see at a glance your memorization progress and hasanah points you've gained to keep you committed to your goal.



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晨 礼	فجر	6:00
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昏 礼	مغرب	18:55
霄 礼	عشاء	19:40
聚 礼	جمعة	13:30



**Step 4: Inspire and Be Inspired**



### Step 4: Inspire and Be Inspired

People often get confused between motivation and inspiration. There is a slight but powerful distinction between the two.

Motivation is what drives you short-term, while inspiration is what drives you long-term. They work together hand-in-hand. Think of it like a combination of a push and pull force. Motivation pushes you forward from behind with step by step short-term goals, while inspiration is the long-term vision that pulls you forward toward a bigger purpose.

Sometimes, we are not going to have the motivation to memorize even one ayah. And then there are those days where we may not even have the motivation to get out of bed! This is where inspiration becomes a key factor to pull you forward.

#### Inspiration from the Sunnah

As Muslims, we know that our purpose in life is to seek the pleasure of Allah SWT. And our #1 inspiration is Prophet Muhammad SAW. There really is no other inspiration dearer to the Muslim heart than the Prophet SAW who exemplified the very character a Muslim should be. Aisha RA was once asked to describe the Prophet SAW, and she replied that 'his character was the Qur'an', meaning that his behaviour was the Qur'an translated into action.

*Yazid ibn Yabnus said, "We went to 'A'isha and said, 'Umm al-Mu'minin, what was the character of the Messenger of Allah, may Allah bless him and grant him peace, like?' She replied, 'His character was the Qur'an..."*  
~ Al-Abani

In our Quran memorization journey, striving to become like the Prophet in character and action should be our top inspiration.

Next, we can turn to the Prophet's family and companions for inspiration. Alhamdulillah, there are so many righteous family members of the Prophet and righteous companions -- from all walks of life with different stories, trials and tribulations -- whom we can relate to and draw inspiration from in many different ways.

Last but not least, we can look up to the people in our own lives whom we admire for their good deeds and character as inspiration.

### The Missing Ingredient to Inspiration

Inspiration is actually a two-way road. For it to work, we need to look up to people who inspire us AND strive to be an inspiration to others.

Most people forget that striving to be an inspiration to others is also part of inspiration. There are a few reasons why this is a powerful and important ingredient of inspiration that you should not miss out on.

First, it instills in you that you are worthy of the goal. Sometimes, *shaytaan* likes to tell you that "you're not good enough" to achieve your Quran memorization goals. You read up on inspiring stories of the Prophet SAW and the companions and it's easy to feel like, "They can do this because they're special, but I'm not special so I can't do this."

However, when we remember that we ARE an inspiration to others -- to our parents, our spouse, our children, our neighbours, our community, our friends -- *everything shifts*. We realise we are worthy and capable to tackle any goal with pure intentions.

Second, when we strive to be an inspiration for others, we are not just helping ourselves to seek reward. We are taking on the responsibility of helping others earn the pleasure of Allah SWT and His rewards. Holding ourselves accountable to this responsibility makes us more disciplined because don't want to let others down. This in itself is a form of da'wah with multiple folds of rewards.

Third, striving to be an inspiration can accelerate us to do more good deeds.

*"Every one pursues his goal. Compete with each other in performing good deeds. Wherever you are, God will bring you all together. God has power over all things."*

*~ Quran, Chapter 2 Verse 148*

*"Be quick in the race for forgiveness from your Lord, and for a Garden whose width is that (of the whole) of the heavens and of the earth, prepared for the righteous"*

*~ Quran, Chapter 3 Verse 133*

### Hot Quran Companion Tip!

*Quran Companion's* hasanah feature can help motivate you to accumulate good deeds in your Quran memorization journey. There's also a "Daily Hasanah Leaderboard" so you can see how others are doing to inspire you, as well as motivate you to be on the leaderboard and inspire others! Let's race with each other towards good deeds as Allah has commanded us to do.  
(Daily Leaderboard feature coming soon in the next update)

### Quran Companion Action Plan: Day 4

Here are some simple things you can do to stay inspired.

1. Read the seerah and learn about the life of the Prophet. Do this daily, even if it's a little reading each day, with the intention of aspiring towards his character that embodies the message of the Quran.
2. Every now and then, spend some time to learn more about the lives of the Prophet's family and the companions, especially those who memorized the Quran, to inspire and pull you forward.
3. Everyday is a new day for inspiration. Look out for inspiration and the goodness of humanity that embodies Islamic ideals in your day to day life. You could see it in the actions of a friend, or even the actions of a stranger such as someone helping an elderly cross the street.
4. Be the inspiration! Who do you want to inspire in your life? Your parents? Your spouse? Your children? Your friends? Let your love for your nearest and dearest hasten you toward good deeds and inspire you to reach your Quran memorization goals.





## Step 5: Design a Flexible Learning Environment



## Step 5: Design a Flexible Learning Environment

*Quran Companion* has unique features especially designed to tackle the modern barriers many Muslims face when trying to memorize the Quran.

We have developed fun and easy learning tools based on research of how the mind works to learn, as well designed a flexible learning environment that you can customise to support how you learn best.

Let's take a closer look at what you'll find in your *Quran Companion*.

### A Flexible Learning Environment to Suit Your Personal Needs

Flexible learning environments enhance learning and retention by meeting individual needs. More than just an audio recitation app, *Quran Companion* delivers a total flexible learning environment that you can tailor to perfectly meet your learning style and preferences.

JUZ	SURAH	AUDIO	PROGRESS
1	Al-Fatihah 158 nasanah		3/7 ayat
2	Al-Baqarah 158 nasanah		96/286 ayat
4	Ali-Imran 158 nasanah		0/200 ayat
5	An-Nisaa' 158 nasanah		0/175 ayat



#### Flexible Time & Space

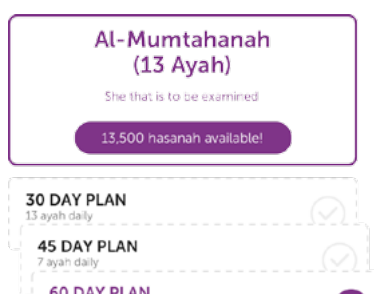
*Quran Companion* is accessible at the touch of a screen. No need to squeeze in long classes into your schedule, and no need to commute to class. Memorize or revise at any time, and anywhere you have your phone with you. You can even “sneak in” some learning during short pockets of free time such as while commuting, in the supermarket queue, in between meetings, while waiting to pick up the kids, or when traveling.

#### Flexible Learning Formats

Learning becomes easier and more efficient when delivered in a format that you're familiar with. In *Quran Companion*, you can select to memorize with a Madina mushaf<sup>1</sup> or the Urdu mushaf<sup>2</sup>. Those who select the Urdu mushaf can further choose to view it as 13, 15 or 16 lines per page. You can also choose from 15 different audio recitations and 10 different translations. Simply choose the Quran format you are familiar with to ease and accelerate your memorization.

<sup>1</sup> Common in the Middle East and Southeast Asia, Africa. Also known as Mushaf Uthmani.

<sup>2</sup> Common in Pakistan, India, Bangladesh, South Africa



#### Flexible Guided Lesson Plan

Our guided lesson plan feature gives you daily assignments without you needing to think about how to organise your day-to-day memorization. You can choose exactly what you'd like to memorize and the time frame you aim to achieve it by, and *Quran Companion* will produce a personalized guided lesson plan to fit your schedule and stay on track with your goals.

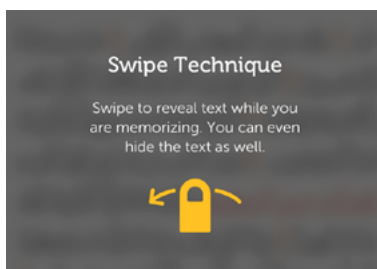
### Quran Companion's Fun & Easy Learning Techniques

Different people have different learning styles. The technologies of *Quran Companion* have been designed around various learning techniques and gamification strategies to ensure every individual has something effective for their learning style. The combined learning technologies also provide a multisensory learning experience, which is more optimal for the brain since our experience of the world involves constant multisensory stimulation.



#### Audio recitation

If you are an auditory learner, your brain stores information by the way it sounds and you need to hear things, not just see things to learn well. With flexible audio recitation options, you can increase your learning speed and memory retention. Choose from 15 different audio recitations and 10 different translations (more coming soon). You can also put the audio recitation on loop to practice your memorization, from 1 up to 10 times, or on infinite loop.



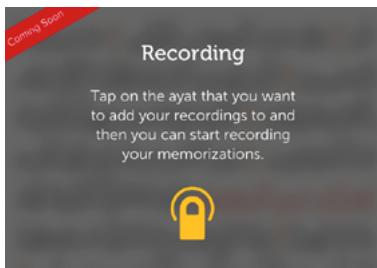
#### Swipe to Reveal Game

This challenging game makes revision easier, faster and fun! Our unique "swipe to reveal" technology reveals the hidden *ayah* as your finger slides across it, so you can spot and correct mistakes as you recite from memory. You can even slide back and forth to perfect your memorization, without worrying that your brain might be "cheating" by seeing what's coming up ahead. Additionally, this multisensory learning process engages visual, speech and motor senses that aids in fast and accurate retention.



#### Personal Challenges

Step up to your goals with the personal challenges feature where you can select a surah you'd like to memorize or take one of the recommended challenges for you. Choose to take on the challenge with a guided lesson plan, or have it your own way without a guided lesson plan.



### Recording Coming Soon

Listen to your own progress by recording your memorization. You'll be able to compare your own recitation with the audio recitations to spot any mistakes and improve on your pronunciations or tajweed.



### Notes Coming Soon

Take notes on anything. Maybe you come across a word or an ayah that interests you. Or maybe you want to mark a word you keep making mistakes on. Or maybe you want to highlight the tajweed on something you often forget to recite. Whatever you want to write, you can. And you can go back to these notes whenever you like to accelerate your progress and understanding.

## Hot Quran Companion Tip!

We are dedicated to constantly improve your learning experience with *Quran Companion* and strive to add new features and updates over time. [Check out our website](#) for a list of the latest and upcoming features. If you have a suggestion for a feature you'd like to see, please let us know! Just drop us an email to [hello@quranacademy.io](mailto:hello@quranacademy.io).

## Quran Companion Action Plan: Day 5

Let's get started!

1. Download and install your *Quran Companion* app on Google Play store for Android (iOS is coming soon).
2. Start for your free 7-day trial by registering an account.
3. Select a guided lesson plan based on the SMART goals that you have set. (*Guided Lesson feature coming soon in the next update*)
4. Start playing around with all the different features.
5. Connect with the Quran Academy Facebook family. Share on our wall your favourite *Quran Companion* feature with #QuranCompanion :)





**Step 6: Stay on Track with Social Support**



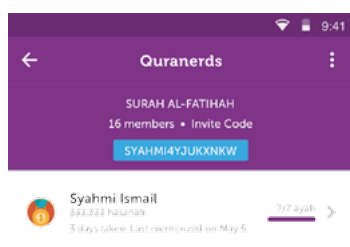
# Step 6: Stay on Track with Social Support

Memorizing the Quran is not, and should never be, a solo journey. Even with self-learning resources and technology, a supportive learning environment that allows interaction with peers is crucial for success.

A 2013 study, "The Impact of Social Interaction on Student Learning" by the Reading, Foundations, and Technology Department at Missouri State University showed that students experience improved learning when they have daily opportunities to interact with other students. Motivation also improves in a social environment.

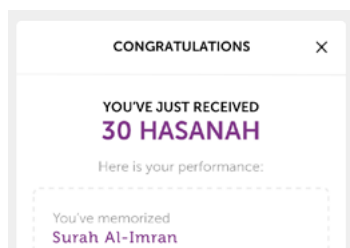
That's why we've made social features and motivational tools a key element in *Quran Companion*. Here's a glimpse at the social features you'll find in your *Quran Companion*.

## Quran Companion's Social Learning and Motivational Tools



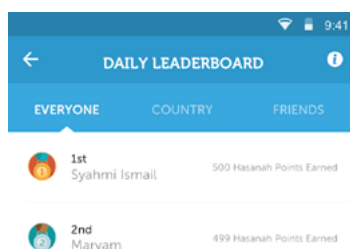
### Group Challenges

The righteous companions of Prophet Muhammad SAW would race to perform good deeds and actions with the intention of pleasing Allah SWT. Keep yourself accountable and stay motivated with healthy challenges through our group challenges feature. Choose up to 25 people to join your group, and race towards the same goal, whether it's memorizing a new *surah* or just a few *ayahs*.



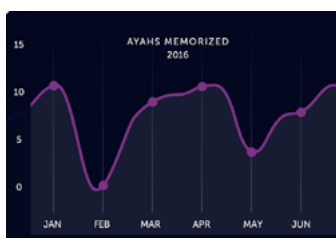
### Hasanah Calculator

It is narrated that the Prophet said whoever recites a letter from Allah's Book, receives the reward (hasanah) of ten for each letter. Stay motivated and on track with your goals with our Hasanah Calculator that calculates your *hasanah* points for you as you progress in your memorization. You'll also be able to see your total *hasanah* points for every surah you've completed memorizing, and for every guided lesson plan you complete.



### Daily Hasanah Leaderboard

The daily hasanah leaderboard lets you see how others are doing to inspire you, as well as motivate you to be on the board and inspire others! Let's race with each other towards good deeds as Allah SWT has commanded us to do.



### Dashboard with Progress Analytics

Stay motivated with an easy overview of your progress at a glance. From the dashboard of *Quran Companion*, you'll get a glimpse of number of ayahs memorized in the last week, in the past month, or overall total, how long it took you to memorize a surah, the number of surahs memorized, and when you last reviewed a particular surah.

### Praiseworthy Competition vs. Harmful Competition

As Muslims, we have been commanded to race with each other for good deeds. The companions of the Prophet SAW were known to be in praiseworthy competition with each other, and they would often compete in attaining good deeds.

It's important to note however that there is a great difference between such praiseworthy competition in matters of the Hereafter and harmful competition for worldly matters. The Prophet SAW warned us against harmful competition when he said:

*"By Allah, it is not poverty that I fear for you; rather, I am afraid that the pleasures of this life will be given to you in abundance as they were given in abundance to those who came before you, and you will begin to vie with one another for the sake of such pleasures as they did, and this will destroy you just as it destroyed them."*

*~ At-Timirdhi*

As we compete with each other to achieve good deeds, the Prophet has warned us to be wary of harmful competition that seeks worldly pleasures.

An example of this in context of Quran memorization would be competing to seek praise or racing to be bestowed with the honourable title of *hafiz* or *hafizah*. Engaging in such harmful competition will lead to many undesirable characteristics such as *riya'* (showing off) or envy. These will eventually destroy you.

It is important that you keep this in mind and make it a habit to regularly renew your intentions and seek Allah's protection from *shaytaan* who will always try to lead you astray and destroy you.

With that in mind, let's move on to today's action plan where we're going to get social!

### Quran Companion Action Plan: Day 6

1. Start a group challenge! Invite your friends to Quran Companion and start a group challenge with up to 25 people. (*Group challenge feature coming soon in the next update*)
2. Detox your social media. Follow people on social media who truly inspire you and weed out the negative ones! Make your daily social media experience positive, inspiring and productive.
3. Join our Quran Academy Facebook family to seek beneficial inspiration from others and be an inspiration to others too.



## **Step 7: Arm Yourself with the Believer's Most Powerful Weapon**



## Step 7: Arm Yourself with the Believer's Most Powerful Weapon

Dua is the believer's most powerful weapon. The Prophet SAW said:

*"Nothing can change the Divine decree except Dua."*

*~ Narrated by Ahmad, 5/677 Ibn Maajah, 90; al-Tirmidhi, 139*

All the Prophets (peace be upon them) would supplicate to Allah SWT in dua as their ultimate 'weapon' against their enemies. There are many powerful stories in the Quran about the power of dua, including the dua of Prophet Nuh when his people accused him of being a madman and the dua of Abdul Mutallib to save the Ka'ba from the elephant army of Abraha.

*"The people of Noah denied before them, and they denied Our servant and said, 'A madman,' and he was repelled. So he invoked his Lord, 'Indeed, I am overpowered, so help.' Then We opened the gates of the heaven with rain pouring down. And caused the earth to burst with springs, and the waters met for a matter already predestined. And We carried him on a [construction of] planks and nails, Sailing under Our observation as reward for he who had been denied. And We left it as a sign, so is there any who will remember?"*

*~ Quran, Chapter 54 Verse 9-15*

*"Have you not considered, [O Muhammad], how your Lord dealt with the companions of the elephant? Did He not make their plan into misguidance? And He sent against them birds in flocks, Striking them with stones of hard clay, And He made them like eaten straw."*

*~ Quran, Chapter 105 Verse 1-5*

All of our best intentions, mindsets and actions are powerless without turning to Allah SWT in dua for success. Here, we have compiled a collection of dua for memory and speech, as well as a miraculous supplication used by many to memorize the Quran.

### Dua for Memory & Speech

**If one fails to remember an event or written text or spoken words, according to Imam Jafar bin Muhammad al Sadiq one should put the right hand on the forehead and recite:**

*Innee As-Aluka Yaa Mud'akkiral Khayril Wa Faa-ilahoo Wal Aamira BiHee An Tus'alliya A'laa Muh'ammadin Wa Aali Muh'ammadin Wa Tud'akkirane Maa Ansaaneehish Shayt'aan.*

"I beseech You, O He who reminds about doing good, does good and commands to do good. Send blessings on Muhammad and the family of Muhammad and let me remember what shaytan makes me forget."

**According to Imam Ali ibn abi Talib, to retain in memory whatever one listens or reads, recite the following dua after every obligatory salat.**

*Subh'aana Man Laa Ya-Tadee Aa'Laa Ahli Mamlakatihee Subh'aana Man Laa Yaakhud'u Ahlal Arz'i Bilwaanil A'd'aabi Subh'aanar Ra-Oofir Rah'eemi Allaahummaj-A'l Lee Fee Qalbee Nooran Wa Bas'aran Wa Fahman Wa l'Iman Innaka A'laa Kulli Shay-In Qadeer.*

"In the name of Allah the most kind the most merciful.  
Glory be to Him who does not treat the citizens of His kingdom unjustly.  
Glory be to Him who does not let the torment and pain come suddenly upon mankind.  
Glory be to the compassionate the merciful.  
O Allah, fill my heart with true enlightenment, wisdom, understanding and knowledge.  
Surely you are able to do all things."

### Dua for Beneficial Knowledge

Recite the following dua 7 times after obligatory salat to increase in beneficial knowledge and understanding.

رَبِّ زِدْنِي عِلْمًا

"Rabbi Zidnee l'Imaa"

"O my Lord! Advance me in Knowledge."

### Dua to Memorize Something Difficult

اللَّهُمَّ لَا سَهْلًا إِلَّا مَا جَعَلْتَهُ سَهْلًا وَأَنْتَ تَجْعَلُ الْحَزْنَ إِذَا شِئْتَ سَهْلًا

*(Allahumma la sahla illama ja-'altahu sahla anta taj 'alu al hazana eza ma shi'ta sahal)*

"Oh Allah! Nothing is easy except what You have made easy. If You wish, You can make the difficult easy."

## Miraculous Supplication for Memorizing the Quran

Many have found much blessing (barakah) in performing the following prayer, as reported by Imam Tirmidhi in his Jami`:

On a Thursday night, wake up in the last portion of the night. If the last portion is difficult, then wake up the middle of the night. If that too is difficult, then the first portion of the night. Perform four cycles (rak`at) in such a manner that in the first cycle (rak`at) you recite Surah Yasin; in the second cycle (rak`at) Surah Al-Dukhan; in the third cycle (rak`at) Surah al-Sajdah; and in the forth cycle (rak`at) Surah al-Mulk. After completing the prayer praise Allah, and send salutations upon the Prophet (Allah bless him and give him peace) and the rest of the Prophets (Allah be pleased with them all). Ask for forgiveness for the community of believers, and then recite the following supplication:

اللَّهُمَّ ارْحَمْنِي بِتَرْكِ الْمَعَاصِي أَبَدًا مَا أَبْقَيْتَنِي وَارْحَمْنِي أَنْ أَتَكَلَّفَ مَا لَا يَعْنِينِي وَارْزُقْنِي حُسْنَ  
النَّظَرِ فِيمَا يُرْضِيكَ عَنِّي اللَّهُمَّ بَدِيعَ السَّمَوَاتِ وَالْأَرْضِ ذَا الْجَلَالِ وَالْإِكْرَامِ وَالْعِزَّةِ الَّتِي لَا تُرَامُ  
أَسْأَلُكَ يَا اللَّهُ يَا رَحْمَنُ بِجَلَالِكَ وَنُورِ وَجْهِكَ أَنْ تُلْزِمَ قَلْبِي حِفْظَ كِتَابِكَ كَمَا عَلَّمْتَنِي وَارْزُقْنِي أَنْ  
أَتْلُوهُ عَلَى النَّحْوِ الَّذِي يُرْضِيكَ عَنِّي اللَّهُمَّ بَدِيعَ السَّمَوَاتِ وَالْأَرْضِ ذَا الْجَلَالِ وَالْإِكْرَامِ وَالْعِزَّةِ  
الَّتِي لَا تُرَامُ أَسْأَلُكَ يَا اللَّهُ يَا رَحْمَنُ بِجَلَالِكَ وَنُورِ وَجْهِكَ أَنْ تُنَوِّرَ بِكِتَابِكَ بَصْرِي وَأَنْ تُطْلِقَ  
بِهِ لِسَانِي وَأَنْ تُفَرِّجَ بِهِ عَنْ قَلْبِي وَأَنْ تُشْرَحَ بِهِ صَدْرِي وَأَنْ تَغْسِلَ بِهِ بَدَنِي فَإِنَّهُ لَا يُعِينُنِي عَلَى  
الْحَقِّ غَيْرُكَ وَلَا يُؤْتِيهِ إِلَّا أَنْتَ وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ الْعَلِيِّ الْعَظِيمِ

(Allahummarhamni Bitarkil-Ma'asi Abadan Ma Abqaitani, Warhamni An Atakallafa Ma La Ya'nini, Warzuqni Husnan-Nazari Fi Ma Yurdika Anni. Allahumma Badi'as- Samawati Wal-Ardi Dhal-Jalali Wal-Ikrami Wal-Izzatil-lati La Turamu As'aluka Ya Allahu Ya Rahmanu Bi-Jalalika Wa Nuri Wajhika An Tulzima Qalbi Hifza Kitabika Kama 'Allamtani Warzuqni An Atluwahu 'Ala al-Nahwil-ladhi Yurdika 'Anni. Allahumma Badi'as-Samawati Wal-Ardi Dhal-Jalali Wal-Ikrami Wal-Izzati-lati La Turamu As'aluka Ya Allahu, Ya Rahmanu Bi-Jalalika Wa Nuri Wajhika An Tunawwira Bi-kitabika Basari, Wa An Tutliqa Bihi Lisani Wa An Tufarrija Bihi 'An Qalbi Wa An Tashraha Bihi Sadri, Wa An Tasta'mila Bihi Badanii, Fa'innahu La Yu'inuni 'Alal-Haqqi Ghairuka Wa La Yu'tihi Illa Anta Wa La Hawla Wa la Quwatta Illa Billahil-'Alil-'Adhim.)"

"O Allah, have mercy on me by helping me to leave sins forever, as long as you keep me alive. And have mercy on me from taking upon myself what does not concern me, and provide me good sight for what will make You pleased with me. Ya Allah! Originator of the heavens and the earth, Possessor of such glory, generosity, and honour that is not exceeded, I ask you, O Allah, O Rahman, by Your glory and the light of Your Countenance, to make my heart constant in remembering Your Book as You taught me, and grant me that I recite it in the manner that will make You pleased with me. O Allah, Originator of the heavens and the earth, Possessor of glory, and generosity, and honour that is not exceeded, I ask you, O Allah, O Rahman, by Your glory and



the light of Your Countenance, to enlighten my sight with Your Book, and make my tongue free with it, and to relieve with it my heart from all problems, and to expand my chest with it, and to wash my body with it. For indeed, none aids me upon the truth other than You, and none give it except You, and there is no might or power except by Allah, the Most High, the Magnificent.”

### Quran Companion Action Plan: Day 7

1. Print out or write the dua you want to start with on a small piece of paper or card that you can carry with you.
2. Recite the dua everytime before you begin a memorization lesson.
3. Practice reciting what you have memorized during “pockets of spare time” throughout your day, such as in the supermarket queue or while waiting for someone who is running late.
4. If you have trouble recalling, take out the dua that you printed or wrote, and make sincere dua to Allah SWT seeking His help.
5. Upgrade your free trial of *Quran Companion* to continue the momentum of your Quran memorization journey. With just a one-time payment to upgrade your trial, you'll enjoy lifetime access to all *Quran Companion* features, plus enjoy FREE upgrades with any new features and releases.



## Begin Your Quran Memorization Journey

*"This app is helping me learn to read and memorize the ayat at the same time. My favorite feature has been the ability to search for specific surahs. This application has been extremely helpful with my busy schedule. I am able to work on memorization and reading whenever I have spare time during the day or night. Qur'an Companion has helped me memorize several ayat from Surat Al Mulk. This is an amazing achievement for me, and I hope to finish soon."*

*~ Flora Foster, wife, mother, student & volunteer, Texas USA*

*"I am currently trying to memorize Quran using Quran Companion because it makes memorization easy and it motivates me. Due to the timing here and due to my studies, I use it once a day after salat al Maghrib and before Isha. And the best feature it has is allowing you to listen to the particular verse you want to learn as many times as possible. Quran Companion has supported me in the memorization of Surat al Waqia, which I am currently working on. My next memorization goal is to memorize Surat al Baqarah, and I will love to do that during the month of Ramadan. I will recommend Quran Companion to kids in early stage of life and school in order for them to start memorization as early as possible. Thank you and may Allah continue to reward you abundantly."*

*~ Hassan Usman Zubairu, Masters student in software engineering, Nigeria*

Download your Quran Companion on:



Join our Quran Academy Facebook community:



## About Quran Academy

Quran Academy was founded in 2014 by Bilal Memon, a Quran *Hafiz* and Entrepreneur. Quran Academy's vision is to integrate the timeless guidance of the Quran back into the daily lives of Muslims. Their team is dedicated on the mission to create a unique suite of Quran apps that are fun, easy, social, and hence relatable to the common Muslim living in today's modern world.

Website: [www.quranacademy.io](http://www.quranacademy.io)

Facebook: [www.facebook.com/quranacademyio](https://www.facebook.com/quranacademyio)

Support: [hello@quranacademy.io](mailto:hello@quranacademy.io)